

# September 2019

## Group Exercise, Excel Tae Kwon Do, and Pickleball

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or [bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC).

**Group Exercise trial week for Session V—try any class for free August 26–September 1. Session V runs through October 13.**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6 a.m.</b>			Boot Camp		Boot Camp		
<b>8:30 a.m.</b>			SilverSneakers Circuit		SilverSneakers Circuit		
<b>9 a.m.</b>							Run/Walk X-Train Yoga Core
<b>9:30 a.m.</b>		SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic	SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic		
<b>10:30 a.m.</b>		SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga		
<b>noon</b>			ZUMBA Gold	Hatha Yoga	ZUMBA Gold	Beginning Yoga	
<b>5:30 p.m.</b>		Cardio Kickboxing Power Vinyasa	Yoga Stretch	Core 360 Yoga Core	Hatha Yoga		
<b>6:45 p.m.</b>		Mindful Flow ZUMBA	Yoga Nidra	Beginning Yoga H.I.I.T.	Yoga Stretch ZUMBA		

### ADDITIONAL ACTIVITIES

## EXCEL TAE KWON DO



This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience. The ultimate goal at Excel TKD is to mold future black belts into the best martial artists they can be. Instructor: Emeline O'Connor

**Beginner • 350215-A**  
*Tuesdays and Thursdays, 5:30–6:30 p.m.*

**Advanced • 350215-B**  
*Tuesdays, 6:45–7:45 p.m.  
and Thursdays, 5:30–6:30 p.m.*

**8/27–10/10**  
**\$65 • Register by 9/1 • For all ages.**

## Pickleball

*M, W, F • 9:30 a.m.–1 p.m.  
Court 4*

*TLRC membership or  
purchase of a daily  
admission pass  
is required  
to participate.*



**TWIN LAKES  
RECREATION  
CENTER**  
CITY OF BLOOMINGTON  
PARKS AND RECREATION

1700 W. Bloomfield Rd.  
812-349-3720

### Hours:

Mon.–Fri.: 6 a.m.–10 p.m.  
Sat.–Sun.: 7 a.m.–10 p.m.

### Holiday Hours:

September 2: 7 a.m.–1 p.m.



**btownparks**



**Twin Lakes  
Recreation Center**

**[bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC)**

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The lower level is open for scheduled programming and rentals only.  
Members may request use of the lower level at the front desk.

## FREE, ONGOING PROGRAMS FOR ADULTS (ages 50 yrs. and up)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9 a.m.</b>	Steady Steppers		Steady Steppers		Steady Steppers
<b>9:30 a.m.</b>		Lap Quilting			
<b>11:45 a.m.</b>			Tai Chi Qigong		
<b>1:30 p.m.</b>					

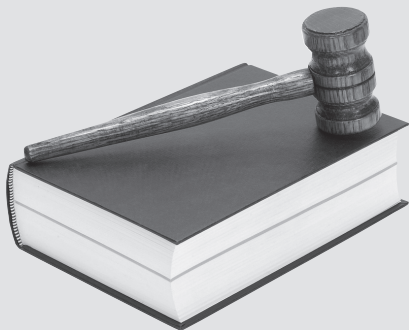
Participation in these programs is free and TLRC membership is not required. For more information about programs and services for adults, call 812-349-3720.

## ADDITIONAL ACTIVITIES

### Legal Counseling

September 9 • 3 p.m.  
by Atty. Tom Bunger  
Call 812-349-3720  
to register.

**FREE**



### Breakfast Bash

September 26  
8:30–10 a.m.

Registration required.  
Call 812-349-3720  
to register.

*Sponsored by  
Hearthstone Health Campus*

### Insurance-based Membership Options

The TLRC is a participating fitness facility with the following options. If you would like more information, ask at the front desk or call 812-349-3720.



[silversneakers.com](http://silversneakers.com)



[myrenewactive.com](http://myrenewactive.com)



[silverandfit.com](http://silverandfit.com)



[activeandfit.com](http://activeandfit.com)



[fitnesscoach.com](http://fitnesscoach.com)



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[btownparks](https://www.instagram.com/btownparks)



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